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TO WALK WELL

Don't drag your feet or fling them, nor

ag nor stride. Learn to glide into a

It is impossible for aw oman to be

awkward in her walk if she walks straight and keeps her knees stiff. The

act of swinging the feet out gives one a

cess, not a hurried, worried, overworked woman.
Don't swing your shoulders.
Don't swing your arms.
Don't twist yourself in shuous motions. Don't contort. Don't wriggle.
Hold your chin in. This is the most important thing of all.
Don't walk, nor look, nor act like an old person. There are no old persons in these days.
Touch the ground first with the balls of your feet, with the heels striking an instant later.
Learn also how to be seated. Don't sit with your clothes wound around you.
Don't sit on the ragged edge of things.

One authority recommends baking

oom gracefully.

Every One

HOME, ITS PROBLEMS AND INTERESTS



THE FASHIONABLE SCOTCH PLAID.

There is every indication that the popular fall costumes will be plaid, be the material silk or wool. In today's cut we show a fashionable frock in plaid chiffon taffeta, the predominating colors blue and green. The skirt is simply made with slot seams and three tucks above the foot. Blouse is of the pinafore type trimmed, with dark green velvet, which also makes the girdle, and has a chemisette of ecru tucked mousseline.

Worn with this is a hat of dark green felt, trimmed with self-tone velvet and green coque plume.

DAINTY AND ATTRACTIVE ARTICLES IN LEATHER

Desk Furnishings, Picture Frames, Card Cases, and

er and every part of the design is rubbed over with the blunt edge of a knife, which transfers the design to the leather.

How to Work the Design. These lines should then be traced with

pen and ink, as the faint pencil lines would be likely to be lost in working. Another way is to use a stencil, or perforated pattern, and almost any good

design is adapted to the work. This plan is especially good when several articles are to be made from the same pattern. An excellent transfer material to use is printers' ink. This should be applied in a very small quantity on a

cloth, moistened with kerosene oil and lightly rubbed over the design. It makes a well defined line on the In cutting out the design use small

sharp embroidery scissors. Some persons use a shoemaker's knife, when the cutting should be done on hard wood, but for general use the scissors will be found the most satisfactory and easiest to handle.

A very good finish

A very good finish can be given some-times to the work by making a fine black ink outline just at the edge of the pattern.
This outline should be made after the cutting is finished.
In some of the designs where the cutting is very close and open, it will be necessary to glue some of the cut portions of the leather to the lining.

A Pretty Picture Frame.

A very attractive picture frame can be f reseda green leather, with a darker shade of silk for the lining. The opening of the picture is square and when the frame is finished for mounting, the glass can be added.

After the leather has been cut, and the silk lining basted in, the edges are turned under and stitched on the ma-

chine, close to the edge.

A card case will be very dainty made of golden brown ooze leather lined with pale green, the outline of the design may be made with black, and will be quite ctive.

open glass bag will be charming le of gray ooze leather lined with pink, and drawn together with pink The design on this resembles large tulips.

A Pen Wiper of Brown Leather.

For a pen wiper, golden brown ooze leather sould be used lined with red. It should be cut heart shaped and tied t the top with red ribbon. Two pieces of chamois skin the same

be seen.

A dolly embroidered in color to match the silk of the lining will be dainty.

How to Make a Lamp Tray. This tray can easily be washed, so that the smallest drop of oil will be

taken off. The carved wooden trays are very effective, and even an amateur with very little knowledge of wood carving can make a very attractive border of simple leaves overlapping each other, or a conventional design of large flow-

The center of these wooden trays must, of course, be cut away so the glass will fit in for the lamp to stand

No binding will be required if a little fish glue is used to hold the glass Other useful trays to be carried are

CASTORIA For Infants and Children. The Kind You Have Always Bought





There is no fruit, unless it be apples, that may be cooked in so many delicious fashions as bananas. They have a distinctive flavor that is not lessened r materially altered by cooking. The following are a few true and tried recipes in which this fruit plays a

prominent part: Banana Salad.-Choose bananas that are mellow with ripeness, one for each person, strip them of their skins, and lay on the daintiest lettuce procurable Put a mixture of chopped walnuts and celery around each and over all pour

Banana Cake.-One half cup butter, one cup sugar, one-half cup milk, two scant cups flour, one and one-half tea-spoons baking powder, whites four eggs, one-half teaspoon vanilla. Mix flour and baking powder. Cream butter and sugar, add milk and flour alternately, then vanilla and beaten whites. Bake in three layer tins in hot oven. Pre-pare the following filling: Boil one cup granulated sugar with one-half cup water till if ropes when dropped from fork. Pour gradually over stiffly whip-ped whites of two eggs, beating hard. Add one-half cup mashed banana and flavorings, and use at once.

Banana Fritters.—Beat three or four cananas to a cream with a food whip.

Banana Fritters.—Beat three or four bananas to a cream with a food whip. Add one egg, one cup bread flour in which one level teaspoon baking powder has been sifted, one saltspoon salt, and about one-quarter cup sweet milk, or enough to make a drop batter. One teaspoon sugar and one tablespoon lemon juice may also be added. Beat until thoroughly mixed. Have the fat heated as for doughnuts, so the batter will rise to the top immediately. Dip a clean spoon in the fat and use it to shape the fritters, do not make them too large. Fry until well browned; drain on soft papea. Sprinkle with powdered sugar or serve with lemon sauce.

Banana Shortcake.—One quart flour, one-half cup butter, one-half teaspoons salt, one tablespoon sugar, two heaping teaspoons baking powder, milk to make soft dough, being about one pint. Sift the flour, salt and powder together, rub in the butter cold, add the milk, and mix into smooth dough just soft enough to hundle; divide in half and roli out to size of breakfast plates; lay on a greased baking tin and bake in a hot even twenty minutes; separate the cakes without cutting, as cutting makes them heavy. Have mellow bananas peeled and sliced. Sweeten, spread between layers of cake. Garnish top withbanana slices, dust with sugar, and serve with an abundance of whipped cream.

RECIPES.

sequence of the different colors and quantity in this work, the season of the different colors and quantity in this work, and the design runs alone the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and quantity in the season of the different colors and the season of the different colors and quantity in the season of the different colors and the season of the season of the different colors and the season of the different colors and the season of the season of the different colors and the season of the season of the different colors and the season of the season of the different colors and the season of the se

Queen Alexandra and Thickes to toria are on a visit to the King and Queen of Norway. Her majesty will proceed from Christiania to Copenhagen.

These trays are made in different sizes, whichever suits the shape of the lamp used upon it.

The principal point is that they are all covered with glass, which protects whatever is used beneath it.

They are about one-half inch thick, except when the border is of carved wood and the center alone is to be covered with glass. The borders of these trays may be as thick as one wishes.

The part under the glass may have a bit of beautiful old brocade, or a brown piece of sampler, which will be very attractive when beautifully mounted.

The simpler lamp trays have an embroidered dolly for a foundation. This is tacked very smoothly upon a piece of pasteboard about an inch wider than the dolly.

Then a piece of clear glass cut just the same size and shape is laid over the dolly and bound with a strip of cambric pasted over and under the edge to hold all in place.

The edges should then be bound with gold braid, neatly pasted on so that the cambric binding is well covered.

Another attractive finish is of soft cut leather in any color, through which the silk used for lining the tray can be seen.

A dolly embroidered in color to each the edge to the lining will be accepted the lining will be accepted and color to the state the edge to hold all in place.

The degrees should then be bound with gold braid, neatly pasted on so that the cambric binding is well covered.

A dolly embroidered in color to the state the edge to hold all in glace it from scratching the table or centerplace beneath.

The degrees should then be bound with gold braid, neatly pasted on so that the cambric binding is well covered.

A dolly embroidered in color to the state the proper or beaten brass, is fastened, so as to form a rim.

The brass handles and rim can be bounded the money to the steerage passengers.

There is something particularly touching about the will of the late Lady Curron. She drew it up with her own hand on the way out to India, when her husband and first undertook the duties of vice-roy, and the fact lends color to the state with

finished with a rim and handles, and a very elaborate one has the frame wide and flat, and after the handles are put on, a band two inches wide, of copper or beaten brass, is fastened, so as to form a rim.

This gives it the antique effect so much desired.

The brass handles and rim can be bought at most hardware stores, or a particular kind can be made to order by a worker in brass to fit perhaps a particular piece of old brocade.

This brocade can be made more attractive by tracing the design of the material with gold thread and using brass handles and rim for the finish.

A simple, pretty tray can be made of pressed ferns arranged on a piece of delicate colored silk or satin.

The glass should be bound with smooth ribbon in a contrasting shade darker than the foundation silk.

A picture frame will make a good substitute for mounting a tray, especially if it is of an old design.

These mounted trays are both practical and ornamental, as the decorations beneath the gloss can be changed and kept perfectly clean, and when one grows tired of the one in use another of a different design can replace it.



When the hair is gray or fade of the BRINGS BACK THE YOUTHFUL COLOR. It prevents Dandruff and hair falling nd keeps the scalp clean and healthy. ***************

Louisville, Ky



French model for small street hat, in biscuit-color felt, faced with brown velvet, and with a brown velvet band around the high round crown. The hat was worn tilted upward on the left side, under which a rather high bandeau was placed, and under the brim was a shade wing in iridescent brown and green tones. Above this was a large wired bow of brown satin ribbon, the trimming all being so arranged that the highest part was toward the back of the hat. These small toques will be very smart for wear with tailored street frocks, but the large hat is also to be much in vogue, so that in choosing one's fall and winter hats it is safe to select either a large or small shape, as is most becom

HEALTH AND BEAUTY

A pleasant device for disguising the Salad Receipt.—An unusual but delictions salad is made by combining a lous salad is made by combining a sliced onion with a chopped tart apple sliced onion mayonnaise or cooked dress-louding a simple method of relieving the only a simple method of relieving the disagreeable side of the situation until disagreeable side of the situation until disagreeable side of the situation until of perspiration. This is not a remedy—only a simple method of relieving the disagreeable side of the situation until disagreeable side of the situation until of the powder absorbs the excess of moisture with the exceptation of perspiration. This is not a remedy—only a simple method of relieving the disagreeable to green, of the powder absorbs the excess of moisture with the exception of perspiration. This is not a remedy—only a simple method of relieving the disagreeable to green, of the powder absorbs the excess of moisture with the exception of perspiration. This is not a remedy—only a simple method of relieving the disagreeable to green, of the powder absorbs the excess of moisture with the exception of perspiration. This is not a remedy—only a simple method of relieving the disagreeable side of the situation until disagreeable side of the situation until the powder absorbs the excess of moisture with the exception of perspiration. This is not a remedy—only a simple method of relieving the acceptance of the situation until the powder absorbs the excess of moisture with the exception of perspiration.

PLANTS AND FLOWERS

ill effects of excessive perspiration is first to use a cleansing soap and warm water, and dry thoroughly. Then rub over with powdered orris root. The powder absorbs the excess of moisture rot and die in the warm, watersoaked

sliced onion with a chopped tart apple served with mayonnaise or cooked dressing.

Sauce For Ice Cream.—A delicious sauce for ice cream is made of maple sugar. Boil a pound of sugar with the least possible amount of water until the sample cause as the armnote of a garractic problem. Unusual reduces of the hands is often thread stage is reached. Str in half as cupful of black walnut or butternut meats broken, but not chopped. Serve hot.

Dolpettes of Meat.—Prepare the meant fitting too closely, or too tight a simple cause as the armnote of a garractic plant of the possible amount of water until the volks of water plant of the possible amount of water with the volks of water plant of the possible amount of water until the cleast possible amount

soda and cold water bound on will bread crusts. Either of these may (in emergency, but the only effective an permanent cure is the homeopathic pelet of rhux tox. As accidents are always liable to happen, a small bottle of this medicine is a convenient addition to the traveling outfit.

If more than ordinary skill in playing brings the honors of the

game to the winning player, so exceptional merit in a remedy

ensures the commendation of the well informed, and as a rea-

sonable amount of outdoor life and recreation is conducive to

the health and strength, so does a perfect laxative tend to one's

improvement in cases of constipation, biliousness, headaches, etc. It is all important, however, in selecting a laxative, to

choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system

effectually, when a laxative is needed, without any unpleasant

after effects, as it acts naturally and gently on the internal

organs, simply assisting nature when nature needs assistance,

without griping, irritating or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious

nature. As the plants which are combined with the figs in

the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met

with their general approval as a family laxative, a fact well

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physicians that has led to its use by so many millions of well

informed people, who would not use any remedy of uncertain

quality or inferior reputation. Every family should have a

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only, by all reputable druggists, and that full name of the

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